Commission Quarterly

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October 2004

Fall Issue

Who is Your Inspiration and Fearless Leader?

The Lincoln-Lancaster Women's Commission is seeking outstanding women and men who have left their mark as unsung leaders on a community that promotes the advancement of women.

Do you know a woman like Alice Paul who isn't afraid to stand against the changing tides of society for the right of equality under the law?

Do you know a man like Erasmus Correll who isn't afraid to advocate fairness, promote justice and change the perception of the

Do you know a woman who isn't afraid to communicate and express her art form to send a message?

Do you know a high school senior who is active within their peer group, promoting diversity and equality within the realm of the classroom?

If so, we want to know who they are, also! These are the movers and shakers of

society, and they deserve a big pat-on-theback for improving the quality of life for women in Lincoln and Lancaster County.

In observation of International Women's Day and "Weaving Women's Voices" award luncheon, nominations are currently being accepted through noon on Friday, November 12, 2004. Now is the perfect time to salute those hard working women and men who strive to make a difference in our community.

Awards will be presented at the 29th annual event set for 11:30 a.m., Friday, March 11, 2004. Keynote speaker will be Rose Kemp, Region VII administrator for the Department of Labor Women's Bureau in Kansas City. MO.

The "Weaving Women's Voices" luncheon is sponsored by Friends of LLWC and the Women's Commission. Special thanks to 2005 corporate sponsors BryanLGH Medical Center and Ameritas.



Rose Kemp from the Department of Labor Women's Bureau in Kansas City, MO., will be the 2005 keynote speaker at the 29th annual event.

Nomination packets are available from the Women's Commission or Web site. To retrieve and print nomination forms from the Internet, go to LLWC's home index page located at www.lincoln.ne.gov/city/mayor/ women/index.htm.

Raising Hands Against Domestic Violence

As domestic violence continues to be an important issue nationwide, local agencies have joined forces in Lincoln and Lancaster County to raise awareness and promote alternate choices for the 10th annual international campaign, "Week Without Violence." According to the American Institute on Domestic Violence studies: Every 9 seconds a woman is beaten in the United States; Between 3 and 4 million women are battered each year; 85-95% of all domestic violence victims are female; women ages 20 to 34 endure the highest rates of domestic violence; domestic violence is the leading cause of injury to women; and women are more likely to be attacked by someone they know rather than by a stranger.

October is Domestic Violence Awareness Month.

The University of Nebraska-Lincoln, Nebraska Wesleyan University and the YWCA of Lincoln collaborated to form the community recognition of "Weeks Without Violence," which incorporated a wide variety of activities, held Oct. 11 through Oct. 23, to bring awareness to the community and offer alternative choices instead of using acts of violence as a coping skill. Events include an art contest for 4th and 5th graders, child care resource exhibits, Diversity Panel discussion on KFOR's Lincoln Live with Ward Jacobson and free swim sessions at all YMCA and YWCA locations.

Commissioners Share APATT at Oxford



Rodacker their working trip to Oxford forces in Lincoln, NE. University's academic Round

They felt like this was "the trip of a life time," an opportunity they dare not miss.

The trip in itself was a healthy test of leadership.

Both teachers, Bridget Christensen and Beth Rodacker felt they could take on the world when they received their prestigious invitation to attend the annual Oxford Round Table's academic conference held at Oxford University in Wellington Square, Oxford, United Kingdom.

The conference theme was "Women's Leadership." Christensen and Rodacker are also members of the Lincoln-Lancaster Women's Commission (LLWC) Advisory Board, a volunteer commission that serves to advise the Mayor, City Council and County Commission on issues that impact women in Lincoln and Lancaster County.

The two Commissioners merged their academic and volunteer endeavors to share a Women's Commission Commissioners project they felt could benefit other women's groups Bridget Christensen and overseas. The Commission's report, "A Place at the Table," visit gave Oxford participates a chance to review a study of England's Big Ben during gender distribution on local boards, commissions and task

"We wanted to show other communities what the Table conference in August. Commission accomplished," said Christensen, who is employed at Southeast Community College as a sociology

instructor. Rodacker is employed at Union College as an English as Second Language instructor.

The Round Table provides an opportunity for educators around the world to convene, present and exchange information, and ideas about their culture, society and values. Taking home pilot programs ideas, educators can implement those models in their own communities to strengthen leadership opportunities for women. The road scholars stopped along the way to visit important landmarks, including Big Ben, Westminster Abbey, the home of Charles Dickens, and more in London. They also took a train to Stratford Upon Avon and toured both Anne Hathaway's home and the birthplace of Shakespeare. They watched "King Lear" performed by the Royal Shakespeare Company (RSC) and the musical performance of "We Will Rock You" taken from the English group, "Queen."

Once again, the Lincoln-Lancaster Women's Commission joined forces with the Rape/Spouse Abuse Crisis Center (R/SACC) to host the Candlelight Vigil, held Wednesday, Oct. 20th. The program began at 7:30 p.m. on the front lawn at R/SACC offices, 2545 N Street, Lincoln, NE. The Women's Commission provided glow sticks, courtesy of BryanLGH Medical Center.

Using the American Sign Language symbol saying, "I love You," a pledge card and logo were designed by the YWCA's Week Without Violence steering committee to encourage community participation. Pledge cards can be picked up, signed and posted at all neighborhood Russ's and Super Saver food stores. This gives residents an opportunity to "raise their hand" against domestic violence with a general theme, "My hands will help, not hurt!" By signing a pledge card, supporters promise to live a week without violence and show others in the community how important choices are in daily routines. Pledge cards will be put on display inside the stores to show friends, family and neighbors that the community wants to end domestic violence, making it a safer place to live.

CALENDAR OF EVENTS

OCTOBER 2004

13: Regular Commission meeting

20: Candlelight Vigil, 7:30 p.m. program, R/SACC, 2545 N St.

NOVEMBER 2004

10: Regular Commission meeting, 5:45 p.m., K St. Complex conference room.

11: OFFICE CLOSED, Veteran's Day

18: WomenTalk taping, "Perspectives: Native American Women."

25 & 26: OFFICE CLOSED, Holidays

DECEMBER 2004 24: OFFICE CLOSED, Holidays

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Commission News



Lincoln High Senior Volunteers Bilingual Skills to Help Other Arabic Women Survive

By Diane Mullins, LLWC

Dunia Al-Muse sat nervously in the padded office chair in the 5 City TV recording studio, staring down at a foot-long, black and fuzzy microphone protruding into her face.

She steadied the script clutched in her hands.

As she glanced around the room, she absorbed its layout of multiple mini-TV screens, yards of cable strung across the floor and computer equipment flashing strange symbols across its screen.

"I've never talked into a microphone before," said the 18 year old. "It's the first time I've heard the sound of my own voice on tape. I sound awful."

Director William "Bill" Luxford encouraged her to try again, saying that was the typical reaction of most people the first time they hear themselves do a

recording. He knew the project could take a couple of hours and he wanted her to feel comfortable.

A refugee from Iraq who immigrated with her family to the Midwest seven years ago, Al-Muse struggles between two cultures where listening to music is considered a sin against God and speaking to boys outside school hours could get her months of detention at home. But as with any teenager, she longs for adventure, to set the world straight, and to help her own people in a foreign land.

Referred to the Lincoln-Lancaster

Women's Commission by Faces of the Middle East, Al-Muse volunteered hours outside and inside the studio to record a six-minute health message on an audio cassette. Aimed at encouraging non-English speaking Arabic women to seek health care, she spoke in her native language about how important it was to keep medical records, build good patient-doctor relationships and not be afraid to reach out to the medical community.

"A woman must have her husband's permission to go to a doctor when she's ill in Iraq. He must be there with her and the male doctor," she added. "It's important to say on the tape that it's okay in America to see a doctor without your husband there, and it's okay to pick a woman doctor."

Al-Muse was instrumental in bridging the communication and cultural gap between Arabic women and American lifestyles as she edited the script to fit the message LLWC Commissioners wanted to impart in the Health Care Project.

The Arabic cassette is the last component in a health care project targeted to reach out to immigrant women. Three brochures printed in Vietnamese, Spanish and English editions have been mass produced for future distribution to community centers, grocery stores and other located frequented by non-English speaking women.

Congrats New Officers!

Newly elected Advisory Board officers assumed their positions and duties at September's Women's Commission meeting.

The new officers for FY 04/05 are Kathleen Uhrmacher, president; Jennifer Gutierrez, vice president; Bridget Christensen and Barbara Ramsey, members-at-large.

Your Commission at Work & Play!

Ever wonder what happens "behind the scenes" at the Women's Commission? Here's a small sampling of projects and programs LLWC has engaged in this quarter.

■ The recently taped WomenTalk television show, "Women Vote!", features former Mayor Helen Boosalis and Senator Carol Hudkins of District 21 discussing why it's important for women to exercise their right to vote in today's modern society.

This program airs for the months of October and November on 5 City TV. Copies and prices can be obtained in VHS or CVD from Citizen's Information Center, 441-7432.

- Tune in to My 106.3 FM radio to hear Bonnie Coffey's 7 a.m. update segment on Women's Commission activities, on the first and third Wednesdays of the month. My 106.3 attracts women listeners with easy going music and coverage on community events.
- The Council of Women Leaders' networking dinner was an overwhelming success. Held at the Ortner Center located on Union Campus, 60 women attended the program to hear Mayor Coleen J. Seng discuss why it's important for women to vote. President Kathie Uhrmacher welcomed guests and gave the introductions. Commissioners Nancy Intermill gave national statistics on how many women failed to vote in the last election and Jennifer Gutierrez introduced the new "Why Women Should Vote!" voter's guide. The next event is scheduled for April 19, 2005.
- LLWC Director Bonnie Coffey serves on November's National Association of Commissions board meeting as secretary in Miami, FL.

A Healthy Skin Means a Healthier YOU!

Regular checkups are important at any age!

Teens to 40's

Skin exam every three years

Over 40

Exams Annually

Ann E. Lott, M.D. 467-4361

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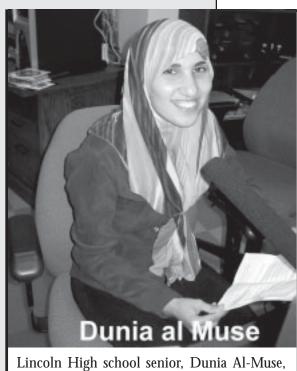
Why Nebraska Women Need to Vote!

U.S. Census data revealed the following about unmarried women:

*Unmarried women comprise the largest group of unregistered and nonvoting citizens in the United

*More than any other demographic group, unmarried women describe themselves as progressive, and desire a government that responds to their concerns, specifically about jobs, health care, education, and a woman's right to choose.

*Unmarried women overwhelmingly believe that the country is headed in the wrong direction—and don't think politicians will do anything about it.



volunteered her time to record a health care audio cassette encouraging other Arabic women to seek medical services and establish a patient-doctor relationship. The audio cassette was the last component in LLWC's Health Committee project to reach non-English speaking women with pertinent information.

Women on their own can transform American politics!

- * Fact: If unmarried women voted at the same rate as married women, over six million more voters would have gone to the polls in 2000.
- * Fact: 22 Million unmarried women who were eligible to vote did not cast ballots in the election in 2000.
- * Fact: 16 million unmarried women were not registered to vote in 2000. * Fact: 56% of all women not registered
- to vote are unmarried.
 * Fact: 46% of all voting-age women are unmarried.



SURFING THE WEB AGAIN? CLICK HERE!

www.lincoln.ne.gov/city/mayor/women/

WHAT CAN YOU FIND ON THE LLWC WEB SITE? ... LOTS!

Annual reports, special reports, Women's Leadership Recruitment Program, Advisory Board membership, Friends, Women's Alliance Directory, statistics, resources & contact information, news releases, past newsletters, and much, much more!

Are women's issues any different in different cultures of society? Watch our next show in November when **WomenTalk** focuses on "Perspectives: Native American Women."



You're one in a million, 22 million, actually.

You're one in 22 million if you didn't vote in the last Presidential election. In 2000, 22 million unmanied women did not vote, according to the U.S. Cereus. Vote this year, and you can decide the election and move our country in a new direction.

As one of 22 million single women, you can vote this year and elect people who understand what it's like to be on your own, stretching a shrinking paycheck over eleprocketing health care costs. Vote this year, and you can elect people who will fight to protect your job and your paycheck, for affordable health care, great schools and access to cellege.

Use your right to vote to elect people who will make a difference for you on the issues important in your life. You're one in 22 million. Vote, and you can set our country on a different course.

Make it count. Vote.

22 million women can change the country.



LLWC President's Letter



Kathie Uhrmacher

My husband, daughter and I were in Budapest on the weekend years ago when Michael Jackson and his entourage arrived in the city to make the music video he called "HIStory." Many Hungarians were upset that one of their most treasured monuments was to be the backdrop for such a bravado display of pop culture. What I remember is being surprised by the irony of that word.

History...his story. How had I not noticed it before? Indeed most of history is HIS story, chronicles of one HIM or another making decision for them, not a HER making choices for us. History books are full of kings in ages past who dictated policy, forged alliances, sent soldiers off to wars and signed treaties when those wars ended. For the most part, the path of every major nation of the world was chosen

by men, whether monarchs or elected officials.

There are notable exceptions of course, like Queen Victoria, Indira Ghandi. But the influence of most women in history has been of a sort different from that of men.

American women have had the right to vote since 1920, going to the polls to cast their ballots alongside men, having the same amount of "power" to elect representatives, shape policy and determine the direction of this country's history. These 80+ years later, although women make up 51% of the Unites States' population, where are we? Presently, only 9% of US Senators, 13% of US Representatives and 6% of Governors are women. Nebraska ranks 30th in the nation for women in public office. Many women in this country still contend with discrimination in the workplace, suffer in economic recessions and struggle to obtain adequate health care and benefits for themselves and their children.

Christina Smith Fitzpatrick, senior policy analyst for the National Women's Law Center stated recently, "More and more women have fallen into poverty, with the loss of jobs, decrease in wages and increase in the number of uninsured helping to push many women into an uncertain and potentially devastating financial situation."

So one has to ask, what if women designed and regulated this country's health and human services? Imagine how different international policy might be if mothers made the decision to go to war. How would our tax dollars be spent if there was an equal percentage of women legislators to the percent of women in the general population? Let's find out. Let's get moving on finding qualified women who will get involved in the political process. Let's campaign for them, give them the financial resources they need to get elected and then go vote for them.

When asked why they don't vote, most people respond that they don't think their vote will make any difference. The perception is that government is removed from the life of the

"Nothing will ever change. I'm only one vote." That kind of reasoning doesn't work for me. We find ourselves at a time when the choices we make in this election really do matter. A congressional seat is at stake. Decisions will be made on the smoking ban, gambling in the state of Nebraska, the fate of the state fair. And a president will be chosen, perhaps the most important choice we will make for the near future of this nation.

So if you are 18 years or older, or know women (or men) who aren't registered to vote, get them the paper work. Send it in. Go vote on Tuesday, November 2nd. Stop and pick up someone who doesn't have transportation. Then volunteer to babysit for a half hour to allow a young mother to go to her polling place. If you're going to be out of town, get an absentee ballot to mail in. And if the weather's bad or you are pressed for time or have one of a thousand other excuses for not going to vote, remember that it really is up to you to make this city's, state's and nation's history OURstory.

October is **Awareness** Month for:

Breast Cancer AIDS GLBT History Disability Awareness Domestic Violence Family Sexuality Education

> October is National **Domestic Violence Awareness Month**

Know Someone in Trouble? We have resources for you. We Can Help!

R/SACC Hotline	481-3328
Friendship Home	434-0167
Victim Witness Unit	441-9509
Lincoln Police Dispatch	441-7204
Family Violence Council	489-9292

When You Need A Friend, Just Call On Me!



Become a Friends member and support the Commission. Send your tax deductible donation to:

Friends of the Commission PO Box 81454 Lincoln NE 68501-1454

July 2003

Summer Issue



Located within the city's "Interline" web site system, the Women's Alliance (LLWA) directory offers a wide variety of information on individual clubs and organizations, including the contact information. If your organization or agency would like to post information free of charge or update its current information, an application can be obtained from the web site's index page (www.ci.lincoln.ne.us/city/mayor/ women/llwa) or call 441-7716 and one will be snail-mailed to you. If you are looking for a way to become actively involved in the community, make new friends or strengthen networks, look in the listings for great connections!

This community service is sponsored by Friends of LLWC and the Lincoln-Lancaster Women's Commission.

Mission Statement



Working as a division of the Mayor's Office since 1976, the Lincoln-Lancaster Women's Commission works to assure that the women of Lincoln & Lancaster County have full participation in the issues that have an impact on their lives. The Commission advises City and County officials of social, economic and legal barriers that prevent women from choosing their roles in the family, the labor force and society in general, and working toward the elimination of those barriers. With 15 volunteers and a paid staff of three, the Commission continues to engage in activities designed to heighten community awareness in the areas of self-sufficiency, health care, safety, education and act as a clearinghouse of information for women in need.

Women **Should**

women, over six million more voters would have gone to the polls in 2000. Approximately 22 million single cast their ballots and another 16 million weren' registered to vote. Women, on their own. can transform the face of American politics.

Produced by Lincoln-Lancaster Women's Commission Published by Friends of LLWC 9/2004 PO Box 81454 Lincoln NE 68501-1454

Voter's Guides Now Available at LLWC

Hot off the presses! Call today for your copy of "Why Women Should Vote!" Learn more about women's issues in the political arena and how to determine your best choice at the polls. Booklet includes an Absentee Ballot request form for those who can't make it to the voting polls in time.

Timeless topics discussed in the 12-page booklet include sexual assault, health care insurance, caregiving, domestic violence, poverty, employment & wage, gun violence and economic empowerment.

Commission Quarterly Newsletter

The Lincoln-Lancaster Women's Commission (LLWC) is an Advisory Board created by elected officials to advise the Mayor, Lincoln City Council and Lancaster County Board on issues that impact women. Please address any correspondence to: Lincoln-Lancaster Women's Commission, 440 S. 8th St., Ste. 100, Lincoln NE 68508-2294 or call (402) 441-7717.

Editorial Policy:

The Commission Quarterly is a publication of Friends of the Lincoln-Lancaster Women's Commission. Publishing costs are paid by Friends. Materials appearing in this publication shall be in accordance with the purposes, goals and official positions of the Lincoln-Lancaster Women's Commission and Friends of the Women's Commission. The Commission Quarterly is published four times a year: January, April, July and October.

Criteria for Publication:

Submission by community groups and individuals are welcome. Deadlines are the first of the month preceding the month of publication. Articles are subject to editing, with the author's compliance. Specific opinions expressed are not necessarily the opinions held by LLWC employees, its Commissioners or Friends of the Women's Commission.

Advertising

Advertising is available in a business card sized ad and will be accepted as space is available on a first come, first serve basis. All ads should be camera ready and must be submitted one month before the publication date. For more information on advertising opportunities, call 441-7717.

Friends of the Commission

Friends of the Lincoln-Lancaster Women's Commission is a 501 (c)(3) organization that solicits funds for the commission's projects.

LLWC Staff

Karen Wamsley, office specialist; Diane Mullins, public information specialist, and Bonnie Coffey, director.

Friends Executive Board

Karen Dienstbier, president; Roberta Stick, vice president; Georgia Glass, treasurer; Nan Schweiger, secretary, Marcia Kushner, past president, and Nancy Intermill, director.

CQ Committee

Bonnie Coffey and Diane Mullins.

LLWC Commissioners

Jeri Brandt, Bridget Christensen, member-at-large: Jeannine Falter, Jennifer Gutierrez, vice-president; Nancy Intermill, Bethina Moore, Barbara Ramsey, member-at-large; Beth Rodacker, Danja Siders, Nicole Simon, Tami Soper, Roberta Stick, and Kathleen Uhrmacher, president.



Center for the Healing Arts

Margaret Rickers MS, LMT, CHTP

Addressing Acute and Chronic illness through Energy Healing, Therapeutic bodywork Stretching, Wellness & Stress education

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November Recognitions ative American Month Latin American Month

Business and the Working Woman

Working Women: Just the Facts, Madam

(Source: http://www.aflcio.org/issuespolitics/ women/factsaboutworkingwomen.)

More women are working than ever before. In the United States, 99 out of every 100 women will work for pay at some point in their lives. And they're looking for solutions to the problems of juggling work and family, making ends meet and finding respect and opportunity on the job.

Today...

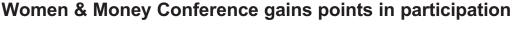
- •One in two workers are women.
- Three in five workers at or below minimum wage are women.
- Four in five mothers of school-age children work for pay.
- •Two in five working women are managers or professionals.
- •One in five working women have administrative support jobs.
- •One in two people who work more than one job are women. •One in two working women provide half
- or more of their household income. •Seven in 10 married working mothers work
- more than 40 hours a week.

- •Two in five union members are women. Since the 1970's...
- •The number of women in the paid labor force has increased by 112 percent.
- •The percentage of children with mothers in the paid workforce has increased 28
- Combined work hours for dual-earner couples with children rose 10 hours a week.
- •The gender wage gap decreased by 15 cents to 77 cents for every dollar a man earns.

More and More Women Are Working

- •The number of women workers has increased steadily, particularly in the second half of the past century, and continues to grow. Since 1950, the number of women in the paid labor force has increased by more than 250 percent. In comparison, the labor force participation rate of men continues to decline.
- •In 1950, only one-third of the U.S. labor force was female; by the year 2003 that proportion was approaching one-half (46 percent). By 2010, women are projected to account for 48 percent of the total labor

- •The number of working women has grown from 5.3 million in 1900 to 18.4 million in 1950 and to nearly 65 million in 2003 and is projected to increase to 75.5 million by
- •The paid labor force participation rate for women has grown from 34 percent in 1950 to more than 60 percent in 2003. By 2010, more than 62 percent of women will be in the paid work force. In comparison, the labor force participation rate for men has steadily declined from nearly 80 percent in 1970 to less than 76 percent in 2003.
- •Although women workers are still more concentrated in certain industries and occupations than men, women have made progress by taking on new roles in the workplace and entering certain traditionally male occupations.
- •In 2000, 32.3 percent of women were employed in managerial or professional occupations, compared to 23.5 percent in administrative support occupations.
- •Three in 10 working women work evenings, weekends or some combination.
- •Women also are holding multiple jobs.
- Seventy-two percent of part-time workers



The second annual "Women & Money Conference," held at Lincoln's Embassy Suites in September, hosted about 125 women seeking information on personal and business financial strategies. The overall attendance workshop was nearly doubled from last year.

A wide variety of financial workshops were offered, ranging from how to balance a checkbook to preparing for long-term health insurance to taking care of aged parents. A total of 16 workshops were offered by local community experts and professionals in the banking and financial industry.

Working in collaboration with The Lincoln Agency Inc., the Lincoln-Lancaster Women's Commission cosponsored the day-long workshop and luncheon, featuring keynote speaker, Alice Dittman.

From reviewing the display, more than 30 women signed up to be added to the Women's Commission mailing list to receive information in the future about women's issues. Next year's event promises to be ever better!



Sandy Fosdick reviews LLWC information and display table at September's Women & Money Conference at the Embassy Suites.

From Friends WHY SHOULD WE TAKE TIME TO VOTE?

By Karen Dienstbier, president, Friends of LLWC

those families that have the most dire need. But what of the other hundreds of families

We know that our County Commissioners allowed to die a request from Planned Parenthood for funds for education to our youngsters. Why would they not want our children to have the best health education they can have? Those were not funds for abortion, but rather for health education—education for our young people. Our elected officials in the Legislature voted down more education for our young people when they voted to not continue to mandate a letter to be given to our upper aged teens, high school age youth, which would have discussed their right to seek medical attention privately, without telling their abusive parents.

I think that all of these are part of the reasons to vote. But before you do, try and educate yourself by going to the Candidate Forums, watching televised debates or reading editorials. You can also access information at the League of Women Voters web

Whether you are feeling hopeful or disenfranchised about the coming election, there are many others out there feeling just as you do. If all of us vote with our hearts, then we will cumulatively make a difference that can improve our lives.

Karen Dienstbier, President

Commission Quarterly News PO Box 81454 Lincoln NE 68501 Tel: 402/441-7717 Fax: 402/441-6824 llwc@ci.lincoln.ne.us

Contact Information

Hon. Ben Nelson

287 Federal Building

Lincoln NE 68508

(402) 441-4600

State of Nebraska

(402) 471-2271

Clerk of the Legislature

*Ask to speak to your district representative.

100 Centennial Mall North

U.S. Senate

Hon. Charles T. Hagel

294 Federal Building

Lincoln NE 68508

(402) 476-1400

U. S. Congress

House of Representatives

Hon. Douglas Bereuter

Lincoln NE 68508

(402) 438-1598

301 S. 13th St., Suite 100

100 Centennial Mall North

Commission Quarterly

Why should we take time to vote? Because we know that women are earning 75 cents for every dollar a man makes. That is the lowest it has been since the real recession in the 1980's. Women are losing ground in the work place and in single parent homes. Single parent households are more likely to have few choices in healthcare, and in some cases, they have lost their healthcare in the last few years. We know that more children are going to school hungry right here in Lincoln, Nebraska than they were even two years ago. Special feeding programs are accommodating who barely meet poverty guidelines? What of their plight?

site at www.dnet.org, and click on Dnet Voter Information Guide.

Make the effort and vote on November 2nd.

Haran Dienste

My Medical History Record Brochures Available

A project of LLWC Health Committee, the new six-page brochure helps women record vital information to share with their health care provider when under doctor's care. Call LLWC to obtain your copy! English, Vietnamese and Spanish editions are now available!

Want to be a Part of the Bigger Picture?

We're looking for new members to join AAUW! Help promote equity for women and girls, lifelong education,



and positive societal changes. Contact Julie McLean (402) 488-3205 to learn more on how you can get involved to make the difference in the big picture! Or, e-mail to jmclean01@yahoo.com



The Weight Loss Professionals Sue Shamblin Karen Van Abrahams

5540 South St., Ste. 105 Lincoln NE 68506

(402) 488-5310 Fax (402) 488-5313 E-mail: SVALLC@aol.com

WomenTalk Presents

"Women Vote!"

5 City TV Schedul e



Tuesdays, 10 PM Wednesdays, 10:30 PM Fridays, 1:30 PM Sundays, 10 PM

> *Programs subject to preempting